



New Client Appointment Instructions

Before Your Appointment:

1. **Intake Forms** – If you haven't already, please complete the New Client Intake Forms and either email them to crystal@arrayoflight.org or bring them with you. Completing these forms in advance will save time and provide a thoughtful, detailed history of your symptoms.
2. **Hydration** – Drink plenty of water for at least 48 hours leading up to your appointment. You may also add trace minerals, electrolytes, or salt if this is already part of your regular practice. Proper hydration is essential for accurate and effective scans.

On the Day of Your Appointment:

3. **Eating Guidelines** – Enjoy a nourishing meal earlier in the day, but refrain from eating during the **3 hours before your appointment**. (For example: no food or drinks other than water after 6:30am for a 9:30am appointment.)
4. **Clothing** – Wear comfortable, loose-fitting clothing. You'll be asked to remove your shoes and socks upon entering the office.
5. **Jewelry** – Please minimize jewelry. Earrings, necklaces, bracelets, and rings will need to be removed for the evaluation. If you wear jewelry that you do not typically remove, we can discuss this together at your appointment.
6. **Mindset & Energy** – Bioenergetic scans are sensitive to your energy field. Many clients find it helpful to enter the session with an uplifting mindset or mantra. You are welcome to choose words that resonate with you, or you may reflect on the following:

"I enter this experience with faith, compassion, and respect—for myself, Source, and all Beings working for my highest good. I listen with an open heart and receive with trust all that supports my healing. I discern what is needed for my well-being, knowing that in choosing this, I also serve the highest good of all."

Additional Notes:

- Please feel free to contact me with any questions before your appointment.
- A variety of modalities may be used to support your needs, depending on what is revealed in your intake and evaluations. We will always discuss each step, and your comfort and consent will remain the priority.

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